



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #13

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Peanut Butter Apple Pocket				Biscuits and Gravy
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Apples- fresh	Raisins- dried	Orange Slices- fresh	Pineapple Tidbits- canned, unsweetened	Apricots- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Wheat Tortilla (WG)	Cream of Wheat	Whole Wheat Toast (WG)	Whole Wheat Bagel Thin (WG)	Biscuits
Other Foods 2x Meat/Meat Alternate	Peanut Butter		Scrambled Eggs	Cream Cheese	Gravy
LUNCH	Chicken Noodle Soup (HM)	Sloppy Joes (HM)	Bowtie Pasta with Zucchini	Porcupine Sliders (HM)	Spanish Rice with Ground Beef
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Kidney Beans- canned	Carrot Sticks- fresh	Banana- fresh	Cooked Carrots- canned	Green Beans- canned
7x fresh	Orange Slices- fresh	Apple Slices- fresh	Grapes- fresh	Fruit Salad- fresh	Red Grapes- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Egg Noodles (WG)	Whole Wheat Hamburger Buns (WG)	Bowtie Pasta	Whole Wheat Bread (WG)	Spanish Rice
Meat or Meat Alternate 0x highly processed	Chicken	Ground Beef	Cheese	Ground Turkey	Ground Beef
Other Foods	Celery, Carrots- fresh; Crackers	Sloppy Joe Sauce	Zucchini- fresh		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cinnamon Toast			Peanut Butter and Jelly Wrap	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk		Skim Milk
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Banana- fresh		Applesauce- unsweetened	Banana- fresh	Apples- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Toast (WG)	Cheerios cereal (WG)		Whole Wheat Tortilla (WG)	
Meat or Meat Alternate 3x Meat/Meat Alternate		Vanilla Yogurt		Peanut Butter	Peanut Butter
Other Foods, 1x sweet	Cinnamon			Jelly (sweet)	

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #13

WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Apple French Toast			Egg Muffin
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Banana- fresh	Applesauce- unsweetened	Peaches- canned, unsweetened	Apple Slices- fresh	Pears- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Honey Kix cereal (WG)	French Toast Sticks	Blueberry Muffins (sweet)	Whole Wheat Bagel Thin (WG)	Whole Wheat English Muffins (WG)
Other Foods 2x Meat/Meat Alternate		**no syrup**		Peanut Butter	Egg
LUNCH	Taco Soup	Chicken Mini Pizza (HM)	Chicken Burrito (HM)	Hot Ham and Cheese Wrap	Chicken and Noodles
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Tomato Slices- fresh	Mixed Vegetables- canned	Peas- canned	Mixed Vegetables- canned	Green Beans- canned
	Orange Slices- fresh	Mandarin Oranges- canned, unsweetened	Pears- canned, unsweetened	Banana- fresh	Grapes- fresh
Grains/Bread Component 4x Whole Grain	Tortilla Chips	Whole Wheat English Muffins (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Egg Noodles (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef	Chicken	Chicken	95% Fat Free Deli Ham	Chicken
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Peanut Butter and Apple Pocket				
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Apple- fresh	Fruit Salad- fresh	Carrot Sticks- fresh		
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Tortilla (WG)			Cheerios cereal (WG)	Animal Crackers
Meat or Meat Alternate 3x Meat/Meat Alternate	Peanut Butter			Vanilla Yogurt	Peanut Butter
Other Foods			Ranch Dressing		

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #13

WEEK OF Week 3

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Apple Pancakes		Biscuits and Gravy		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Applesauce- unsweetened	Grapes- fresh	Peaches- canned, unsweetened	Apricots- canned, unsweetened	Bananas- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Pancakes	Whole Wheat Toast (WG)	Biscuits	Whole Wheat Toasted English Muffins (WG)	Whole Wheat Toast (WG)
Other Foods 2x Meat/Meat Alternate	**no syrup**	Scrambled Eggs	Gravy		Vanilla Yogurt
LUNCH	Mexican Pizza (HM)	Grilled Cheese Sandwich	Turkey Club Wrap	Navy Bean and Ham Soup	Bean and Cheese Burrito (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Carrots- fresh	Tomato Soup- canned	Carrots- fresh	Broccoli- fresh	Corn- canned
8x fresh	Fruit Salad- fresh	Apple Slices- fresh	Bananas- fresh	Green Grapes- fresh	Sliced Apples- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Cornbread	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 0x highly processed	Refried Beans, Mozzarella Cheese	Cheese	Turkey	Ham, Navy Beans	Bean, Cheese, Ground Beef
Other Foods			Lettuce, Tomato, Ranch Dressing		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Peanut Butter and Banana Pocket			Junior Trail Mix
Fluid Milk	Skim Milk	Skim Milk	Skim Milk		Skim Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Green Grapes- fresh	Banana- fresh	Green Apples- fresh		
Grains/Bread Component 2x Whole Grain		Whole Wheat Tortilla (WG)	Cheez Its	Pretzel Sticks	Cheerios cereal (WG), Kix cereal (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate	String Cheese	Peanut Butter		Peanut Butter	
Other Foods, 1x sweet					Raisins, Peanut Butter Morsels (sweet)

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #13

WEEK OF Week 4

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Peanut Butter Banana Pocket	Egg and Cheese	Sunshine Taco	Apple Pancakes
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Raisins- dried	Banana- fresh	Apricots- canned, unsweetened	Orange Slices- fresh	Applesauce- unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Oatmeal (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bagel Thins (WG)	Whole Wheat Tortilla (WG)	Pancake
Other Foods 3x Meat/Meat Alternate		Peanut Butter	Eggs, Cheese	Scrambled Eggs, Cheese	**no syrup**
LUNCH	Beef Taco Salad	Vegetable Soup with Ground Turkey (HM)	Hot Ham and Cheese Wrap	Chicken Mini Pizza (HM)	Spaghetti with Ground Turkey
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 5x fresh	Lettuce, Tomato- fresh	Mixed Vegetables- canned	Peas- canned	Spinach Salad- fresh	Corn- canned
	Banana- fresh	Orange Slices- fresh	Red Grapes- fresh	Pineapple- canned, unsweetened	Mandarin Oranges- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Tortilla Chips	Crackers	Whole Wheat Tortilla (WG)	Whole Wheat English Muffins (WG)	Whole Wheat Spaghetti (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef	Ground Turkey	95% Fat Free Deli Ham	Chicken	Ground Turkey
Other Foods				Ranch Dressing	Spaghetti Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Peanut Butter Sandwich
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Applesauce- unsweetened		Banana- fresh	Peaches- canned, unsweetened	
Grains/Bread Component 2x Whole Grain, 0x sweet		Cheerios cereal (WG)			Whole Wheat Bread (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate		Vanilla Yogurt		Cottage Cheese	Peanut Butter
Other Foods					